

Apple Fruit Salad

4-5 Fuji or Jazz apples, diced
2 cans (15 oz each) mandarin oranges, drained (save juice for glaze)
1 15-oz can pineapple tidbits, drained
3 c red and green seedless grapes, halved
1 c finely diced celery
1/2 c chopped walnuts
2 tablespoons frozen concentrated orange juice
1 c fresh blueberries (save for topping)

Directions:

Dice the apples and place in a separate bowl. Drizzle some of the reserved mandarin juice over the diced apples to prevent the apples from turning brown. Just before adding the apples to the other salad ingredients, drain the mandarin juice from the apples. Except for the blueberries, lightly mix all of the ingredients after adding the fruit glaze. Before serving, sprinkle the blueberries over the top.

Fruit Glaze

1 c mandarin juice (saved from the two cans of mandarins)
1 tablespoon blue agave syrup
1/4 teaspoon grated mandarin orange peel
1 1/2 teaspoon cornstarch

Directions:

Combine first four glaze ingredients in a small non-aluminum saucepan. Bring to a boil over medium heat. Mix cornstarch with a little reserved juice until smooth. Gradually stir into hot liquid until thickened and clear. Refrigerate until thoroughly chilled. Combine with fruit salad and serve.